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EDMONTON • THURSDAY, DECEMBER 11, 2008 metronews.ca

Celebrity pg 30



Williams did 'stupid, crazy' things

Kids taken from violent home

CRIME Three children were saved from a dangerous situation as their parents allegedly fought violently inside their home, locking the kids inside to witness the violence.

Police were called to a suite on 154th Street and 87th Avenue around 8 p.m. Tuesday.

Upon arrival, they heard three children screaming inside, struggling to open the door.

A washing machine had been shoved in front of the door to keep police out. Once inside, they found a woman with cuts and a knife on the floor.

A 30-year-old man was arrested, and the three children were taken into protective custody.

METRO EDMONTON

Local pg 4

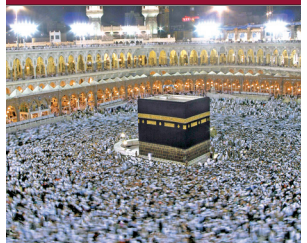
Gas prices in city could keep diving

Gift Guide pgs 17-22

Snappy gifts for shutterbugs



Food pg 25



Honouring the Feast of Sacrifice

Liberals **High hopes**



Interim Liberal Leader Michael Ignatieff speaks during a news conference in Ottawa yesterday. Canada's Opposition Liberals named Ignatieff, a formidable campaigner they hope will reverse the party's decline, as their new leader. **More coverage, pg. 8, 14.**

Tax hike hits 7.3%

Mayor Mandel balks at increase in uncertain economy

JEFF CUMMINGS
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Edmonton property owners can expect a 7.3 per cent hike in taxes next year as city council has approved a 2009 budget that will help revitalize crumbling neighbourhoods, even through economic uncertainty, say some councillors.

The budget, however, wasn't something that was decided unanimously. Nine were for the decision, and

four were against it, including Mayor Stephen Mandel.

"A lot of economists will tell you that it's better for the government to spend on infrastructure in a recession," he said during the meeting yesterday.

"I (challenge) anyone to find an economist who will tell us to raise taxes in order for us to do better."

The hike will bring the city's operating budget to more than \$829 million and the city's capital budget to top \$5.3 billion over

Trash hike

- Households can also expect a \$105 hike in garbage collection, something that will now be considered a utility under the city's new budget.

the next three years.

More than five per cent of the hike will go toward the city's operating budget, while the rest will be used to repair sidewalks, roads and streetlights in 16 neighbourhoods.

While Mandel was pushing to keep taxes below 3.75 per cent, councillors such as Kim Krushell believe the hike is comparable to what's been seen in other Alberta municipalities.

"I don't think this is an unreasonable number," said Krushell during the meeting.

"We will be able to address and actually continue to move forward and help our economy in the city in 2010, 2011, if things do get very difficult."

Youth to receive Medal of Bravery

VICTORIA HANDYSIDES
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HONOUR A 10-year-old boy who fought off a coyote to save the life of his friend will be soon presented with a national honour.

Marshall Davis, now 12, will be handed a Medal of Bravery with 13 other recipients at Rideau Hall in Ottawa.

In November 2006, the boy and his friend, 10-year-old David Burnett, were throwing snowballs in the backyard of Davis' north-end home, when a coyote appeared baring its teeth.

The boys ran for their lives, but the coyote grabbed onto Burnett and dragged him to the ground.

Instinctively, Davis ran back to aid his friend. He punched and kicked the coyote in the face until it gave up and ran away.

The coyote, which had been hanging around the neighbourhood eating trash days earlier, was killed by a Fish and Wildlife officer.

The recent award is one of many Davis has received.

The date for the medals ceremony has not yet been selected.

Davis joins a list of recipients that include police officers, and is the youngest to receive the honour.

ShareYourViews

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FREE TEXT ALERTS for budget control

the new **fido**

An advertisement for H&M featuring two models. The model on the left is wearing a grey cable-knit cardigan with a large yellow flower brooch and a black skirt with multiple layers of fringe. The model on the right is wearing a cream-colored cable-knit cardigan with a large dark red flower brooch and a cream-colored skirt with multiple layers of fringe. The background is a soft, out-of-focus pinkish-purple.

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Alberta tops in energy structure

The Energy Retailer Research Consortium has ranked Alberta third in North America for the structure of its residential electricity market, and fifth for the structure of the commercial market. Alberta was ranked best in Canada. **METRO EDMONTON**

3

Local



Training for dogs and owners

Are you at the end of your leash? Brad Pattison, host of the pooch training show *End of My Leash*, will be at the Northlands Agricom this weekend training city pets. Ten city owners will be trained — along with their pets — to handle their precocious canines during their four-hour session.

METRO EDMONTON

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R.L. Smith still driving Catholic kids

VICTORIA HANDSIDES
victoria.handysides@metronews.ca

BUSING A school bus company that left a little girl sleeping on a seat last month may only still be employed because the Edmonton Catholic School Board has no other options.

Leigh Lamb, 3, was left on an R.L. Smith bus on the morning of Nov. 15, when the driver failed to check that all children had got off at the stop.

Since the incident, the school has revamped policies for absent children, whose parents will now be contacted directly by teacher's assistants.

The bus company has since installed alarms that ensure bus drivers complete routine checks, but the board is exploring other options.

"We have a commitment to all the special needs children taking R.L. Smith, and currently have no other options that would allow another carrier to take on that many children," said Catholic Board spokeswoman Lori Nagy.

Village welcomes help

Province provides \$25M infusion for Y project

JEFF CUMMINGS
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Alberta's government is spending close to \$25 million to add 150 more transitional housing units in Edmonton to help low-income families — a plan the mayor says will help revitalize the city's downtown.

The infusion of cash will support the YMCA's new Welcome Village, a project planned for 95 Street and 104 Avenue that will include 50 bachelors, 40 one-bedroom units, 15 three-bedroom units and 15 units that are barrier free.

The new project, to be completed by 2011, will cater to low-income singles, families, couples, and clients with special needs.

"We want to create a good place to live, and if you're going to create a ghetto, you're going to create a disaster," said Mayor Stephen Mandel.

"The YMCA doesn't do that, and the city would never allow that. This is about building a creative



Minister of Housing and Urban Affairs Yvonne Fritz, left, and Mayor Stephen Mandel, second from left, stand with Premier Ed Stelmach, second from right, YMCA CEO Franco Savoia, far right, and an unidentified man to accept a cheque for the new Welcome Village.

and dynamic community."

Premier Ed Stelmach says the project is a double-edge sword for the province as it battles with homelessness and a downturn in the economy that could have dire effects in the construction industry.

"This will keep Albertans working," said Stelmach, who added the project would create jobs in the construction industry.

The village will offer support services like a family resource centre and childcare, said YMCA CEO Fran-

co Savoia.

The city has already spent \$3.5 million on the new village and the private sector has spent \$7.2 million to support it.

The village will be part of the city's new Boyle Renaissance project.

Alberta Liberal party prepares to name new leader

POLITICS With about as much fanfare as a chorus of crickets, the race for the Alberta Liberal party leadership is heading down the backstretch into the weekend.

The final votes will be cast tomorrow and a new leader announced Saturday. Calgary MLAs Dave Taylor and David Swann are both vying to replace Kevin Taft, as is former Edmonton MLA Mo Elsalhy. **METRO EDMONTON**

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What's online today.

Video Handicap transit service leaving some users out in the cold at

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local.

Read Barack Obama plans to deliver a speech in a Muslim capital at metronews.ca/world.

Lotteries

Lotto 6/49: 6, 12, 18, 27, 42 & 43 Bonus 7
These results are not official.



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BEN LEMPHERS/FOR METRO EDMONTON



Edmontonians are enjoying fuel prices at a four-year low, and one gas analyst thinks they may go lower.

Gas may go lower: Analyst

JEFF CUMMINGS
jeff.cummings@metronews.ca

Edmonton motorists could be rejoicing with fuel at the lowest levels seen in four years — and they may go lower, says a gasoline-price expert.

Don't be surprised to see gasoline hovering around 50 cents per litre in the next few weeks, said Catherine Hay, senior adviser with MJ Ervin & Associates, a company that tracks gas prices.

"I have never seen prices fall in the magnitude that

they have in the past couple of months in my lifetime," said Hay.

"This has to do with a decline in the demand for crude oil and it also has to do with a declining demand for gasoline as a commodity."

Hay says if the price of

oil continues its plunge, motorists could see astounding deals at the pumps.

"I don't think anyone is anticipating to see gas prices fall that low," said Hay.

A number of gas stations were reporting lower prices yesterday, including the Gas Plus near 26 Street and 151 Avenue as prices were set at 66.9 cents per litre, according to edmontongasprices.com.

Sinking oil prices will not drop much lower and will rebound to \$80 per barrel in 2011, as a recovery in the world economy should begin by the end of next year, Deutsche Bank chief energy economist Adam Sieminski predicted yesterday.

Violations put meat shop under scrutiny

A massive downtown meat wholesaler could face charges if it's found in health-code violation again after Capital Health demanded the company clean up a bloody mess last month.

Top Meat Wholesale Cash & Carry Ltd. (9319 - 111 Ave.) was hit with a number of violations after a routine inspection on Nov. 27.

Health officer Glenn Jenkins found dried blood on counters and inside cutting equipment, and open containers of meat marinating in a "foul-looking substance."

A pet carrier was found in the meat-cutting and processing area, and staff were found smoking in a room used to wash and clean equipment.

Owner Maria Guimaraes says since the order, all violations have been corrected. She's not sure why the business was in violation of so many regulations, but said the company is undergoing renovations.

VICTORIA HANDYSIDES
METRO EDMONTON

News in brief

POLITICS Reform Party founder Preston Manning said the roots of full-fledged Western alienation are gone as it has become possible to win a majority government without a serious amount of seats in Quebec and Ontario — and the West needs to step up to the plate. "Stop talking about it," Manning said at a luncheon in Calgary yesterday. "The West is a big player and the West should act like a big player."

METRO EDMONTON



Leaping reindeer



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No liftoff for bulging tabby

NEIL MACKINNON
Metro Canada



Presents apparently come first and now plump old Charlie's in for a long haul home at Christmas.

About 38 hours, return trip, in a truck with three people and a dog.

Intentions were to fly Charlie, a 22-pound Garfield-esque tabby cat, back to at least Winnipeg but when his owner Kim

Fowler, 23, inquired to Air Canada she learned pets wouldn't be allowed as a Christmastime weight restriction was in effect from Dec. 18 to Jan. 7.

Hauling presents around the country, Fowler surmises, has taken a priority over getting her portly feline home for the holidays.

"This is the time of year when we see the highest volumes of people travelling and who travel with the highest volumes of

baggage," said Air Canada's Angela Mah, and much to Fowler's chagrin, a followup call to Westjet revealed a similar restriction.

Fowler could, she found out, put Charlie in a small kennel and take him on the plane, except for one thing. He'd need a crash diet as animals on Westjet flights have to be under 22 pounds, kennel included, to fit under their seats. "I wasn't about to starve him

just to get him to fit under a seat," said Fowler, who had to arrange a ride back to Ontario with her brother, a friend, and a pooch.

Westjet's Gillian Bentley said they've never had a complaint about their Christmas ban on flying pets as ski equipment and oversize bags don't provide "a good environment for pets to be in."

"It's the safety of the pet we're thinking about," she said.



NEIL MACKINNON/METRO CANADA

Kim Fowler and Charlie will have to take to the roads to get home to Northwestern Ontario for Christmas as a prohibition on flying pets is in place over the holidays.

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Premier heads to Texas oil summit

POLITICS Alberta's premier will be going to Texas next week to talk about the one thing both places have in common: oil.

Premier Ed Stelmach will head up a delegation from Alberta to speak with Texas Governor Rick Perry about how the province and Texas can "play a critical role in providing clean, reliable and secure energy for the 21st century."

"Texas and Alberta are the pillars of North America's energy economy and it's critical for our jurisdictions to work together on energy development," said Stelmach in a statement.

"It is equally important that our jurisdictions look for opportunities to collaborate and develop new technologies such as carbon capture and storage as we both transition to meet

the demand for cleaner energy."

The premier is expected to make a keynote address during the two-day summit that begins Monday. Treasury Board Secretary Lloyd Snelgrove will also join Stelmach on the trip.

"As governments throughout North America seek to diversify energy sources, it is essential that major energy producers like

Texas and Alberta work together to develop innovative technologies that will bolster essential infrastructures like energy and transportation," said Perry in a release.

The trip will cost taxpayers around \$27,500, according to figures from the province.

METRO EDMONTON

Beheading trial set for March

GREYHOUND BUS A man accused of beheading a passenger on a Greyhound bus last summer will stand trial March 2, 2009.

Edmontonian Vince Li is charged with second-degree murder in the slaying

of Tim McLean, who sat next to Li on a bus bound for Winnipeg. Li has undergone psychiatric evaluations to determine if he is fit to stand trial.

He has not yet entered a plea.

METRO EDMONTON

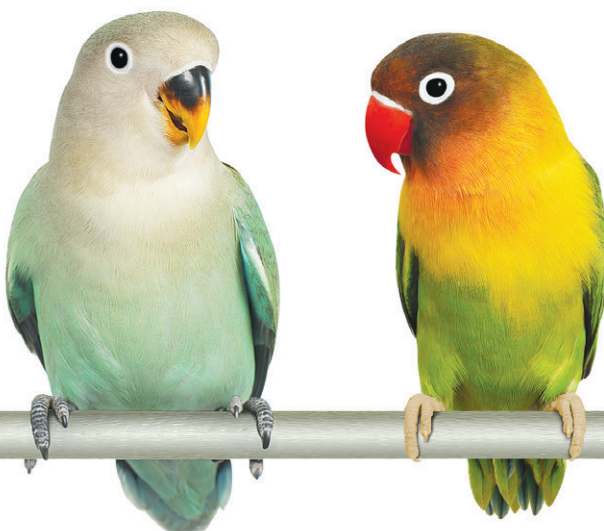
News in brief

STABBING TRIAL A teenager accused of murdering 16-year-old Josh Hunt will find out a week from Thursday if he'll be convicted of stabbing him to death. Hunt was fatally stabbed in the heart following a house party in Mill Woods in October 2006. Closing arguments in the case took place yesterday. The accused can't be named, as he was un-

der 18 at the time of the crime.

JOB LOSSES Office Depot Inc. is cutting 2,200 jobs in North America, which includes shutting the doors of one store in Edmonton forever. Company officials declined to say which store is closing, or when. In total 112 stores will be closing, three of them in Canada.

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The Transportation Safety Board's final report into a 2007 hot-air balloon crash near Winnipeg urges new regulations for the commercial ballooning industry. **CBC NEWS ONLINE****TSB urges balloon regulations**

Canada

Iggy takes the reins

The Hallmark moment in the Liberal caucus came when Michael Ignatieff and Bob Rae embraced.

It was a deliberate signal from the Toronto MPs that their political rivalry — alive and well just days ago — had been set aside as caucus crowned Ignatieff the interim, and almost certainly permanent, leader.

"It was really tough to keep a dry eye. It was a moment," said Liberal MP Martha Hall Findlay.

Rae and New Brunswick MP Dominic LeBlanc, a leadership contender

Dion's debt

- Party officials said it's likely there will be a movement to help former Liberal leader Stéphane Dion retire his outstanding debts.

who dropped out of the race Monday and threw his support to Ignatieff, made the formal recommendation in caucus to have him become the leader.

Liberal Party of Canada president Doug Ferguson said there was a sense of relief in the room as the

leadership race came to a quick and quiet end.

For Liberal MPs, settling the leadership question meant "unity (and) the ability to focus on the two things that are important right now — the economic crisis and a prime minister who has lost of the confidence of the House of Commons," Hall Findlay said.

That was the message from many MPs yesterday as they emerged from a morning caucus meeting with a new leader at the helm.

TORSTAR NEWS SERVICE

Toronto Debit donations



The Salvation Army, hoping to boost donations, is offering a modern alternative to stuffing crumpled bills in a kettle — donating on the street with one swipe of a debit or credit card. Two wireless debit machines are being rotated through downtown Toronto locations, as a test this year. The organization said if the test proves to be successful, the program will be expanded.

Tories launch swift attack on Ignatieff

POLITICS The Conservatives immediately set their sights on Michael Ignatieff, pegging him as an unelected leader with no mandate to head a coalition government.

Although Prime Minister Stephen Harper has stated he is "willing" to co-operate with the new Liberal leader, Conservatives emerging from yesterday's caucus meeting drove home the message that the selection of Ignatieff was undemocratic and said the Tories would not down their partisan tools while there is the threat of a coalition.

"The basic substance of the debate doesn't change," said Heritage Minister James Moore.

TORSTAR NEWS SERVICE

News in brief

ONTARIO After years of horror stories concerning unregulated cosmetic-surgery clinics, new inspection powers will be given to the provincial medical watchdog and other regulated health colleges. Health Minister David Caplan proposed legislation yesterday empowering regulatory bodies to inspect clinics where high-risk procedures are performed.

TORSTAR NEWS SERVICE

Canada last in child care: UNICEF

REPORT Canada ranks last in the first comparison of child-care services in 25 developed countries, according to the United Nations Children's Fund.

The report card, to be released today, shows Canada failed on nine of 10 measures aimed at ensuring kids get the best start in life, including providing subsidized child care for 25

per cent of kids under age three and spending one per cent of GDP on early childhood services.

Canada's poor showing represents a lost opportunity for economic growth at a time of economic uncertainty, suggests the report by UNICEF's Innocenti Research Centre in Florence, Italy.

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Doctors in St. Louis said yesterday they successfully transplanted a full ovary from a volunteer, allowing her infertile twin sister to give birth to a healthy baby girl on Nov. 11. It is the first time an entire ovary has been transplanted and resulted in a live birth, the researchers said. **REUTERS**

Woman gives birth to child after ovary transplant from twin

World



Sugar can be addictive

A study of rats offers scientific proof for what many dieters already know: Sugar can be addictive. Bingeing on sugar can act on the brain in ways very similar to drug abuse, a Princeton University researcher said yesterday. The binges produced behavioural and even neurochemical changes in rats that resembled the changes, such as withdrawal symptoms, produced when animals or people take substances of abuse. **REUTERS**

Obama urges Illinois governor to step down

President-elect Barack Obama called on Illinois Gov. Rod Blagojevich to resign yesterday after he was charged with trying to sell Obama's Senate seat and swap favors for money.

Obama spokesman Robert Gibbs said Blagojevich needed to step down because "under the current circumstances, it is difficult for the governor to effectively do his job and serve the people of Illinois."

There have been move-

"Under the current circumstances, it is difficult for the governor to effectively do his job and serve the people of Illinois."

Robert Gibbs

ments in Obama's home state of Illinois to strip Blagojevich of the power to make the appointment he allegedly tried to barter, either by driving him from office through legal means or letting voters fill the Senate seat with a special election.

Obama, who takes office Jan. 20, resigned from the Senate after winning the Nov. 4 presidential election. Blagojevich showed no sign of stepping down after he was arrested at home before dawn Tuesday and then released on his own recogni-

zance without having to post bail.

His office said Bob Greenlee, one of three deputy governors serving in appointed positions, had resigned. No reason was given.

Obama, who earlier called the charges against the two-term governor sobering and sad, has had a cool relationship with the fellow Democrat, who has been under investigation for other issues for years.

REUTERS

Greece hit by more rioting, general strike

VIOLENCE Riot police clashed with demonstrators for a fifth day and a general strike paralyzed Greece yesterday, piling pressure on the beleaguered conservative government.

Prime Minister Costas Karamanlis announced financial support for businesses damaged in the riots that have gripped more than 10 Greek cities after the weekend shooting of a teenage boy by police.

Meanwhile, foreign and domestic flights were grounded, banks and schools were shut, and hospitals ran on emergency services as hundreds of thousands of Greeks walked off the job in a 24-hour work stoppage.

REUTERS

U.S. House passes \$14B bailout for auto industry

ECONOMY The U.S. House approved bailout legislation yesterday that would force U.S. automakers to restructure or fail, sending the measure to the Senate where prospects for passage appeared grim.

"Gonna be tough, but haven't lost all hope," one Democratic aide said of chances in the Senate, which could vote as early as today on the plan to provide up to \$14 billion US in bridge loans to help avert collapse of one or more carmakers.

Democrats sought to reclaim momentum in the bailout effort, with the bill they negotiated with the Bush administration clearing the chamber by 237-

Bill heads to the U.S. Senate

• While the House stuck to its plan for quick action, much uncertainty surrounds the bill's fate in the Senate, where a razor-thin Democratic majority cannot ensure passage. Senate

170.

"This legislation is about offering Detroit and America a chance to get back on track," House Speaker Nancy Pelosi said in a floor speech before the vote. "It gets down to a question of tough love."

The White House weighed in just before the vote with a public endorsement aimed at Republicans skeptical of the rescue and

Democrats will have difficulty reaching the 60 votes necessary to overcome procedural hurdles, which some Republicans have vowed to erect to slow or even block the legislation.

demanding a tougher approach for helping General Motors Corp., Ford Motor Co., and Chrysler LLC.

"We believe the legislation developed in recent days is an effective and responsible approach to deal with troubled automakers and ensure the necessary restructuring occurs," White House spokeswoman Dana Perino said in a statement.

REUTERS

Prince Harry Trading for charity



Britain's Prince Harry closes a 250 million-euro deal with broker Amanda Hartnell at the offices of city traders ICAP in London yesterday. Prince Harry was attending the 16th annual ICAP Charity Day, where all global revenues from ICAP trading are donated to 100 charities.

6M long-term refugees trapped: UN official

HUMANITY Some six million people around the globe are trapped in mainly poor countries as long-term refugees, many facing deprivation that feeds crime and human trafficking, a senior United Nations official said yesterday.

The world body's high commissioner for refugees, Antonio Guterres, said there were at least 30 crisis areas around the world where people had

been forced to flee into neighbouring states and had not been able to return home for many years.

The six-million figure does not include millions of Palestinians, whose affairs are handled by a separate UN agency.

Many of the refugees could not go home because their countries of origin were racked by civil wars or affected by gross human-rights violations. **REUTERS**

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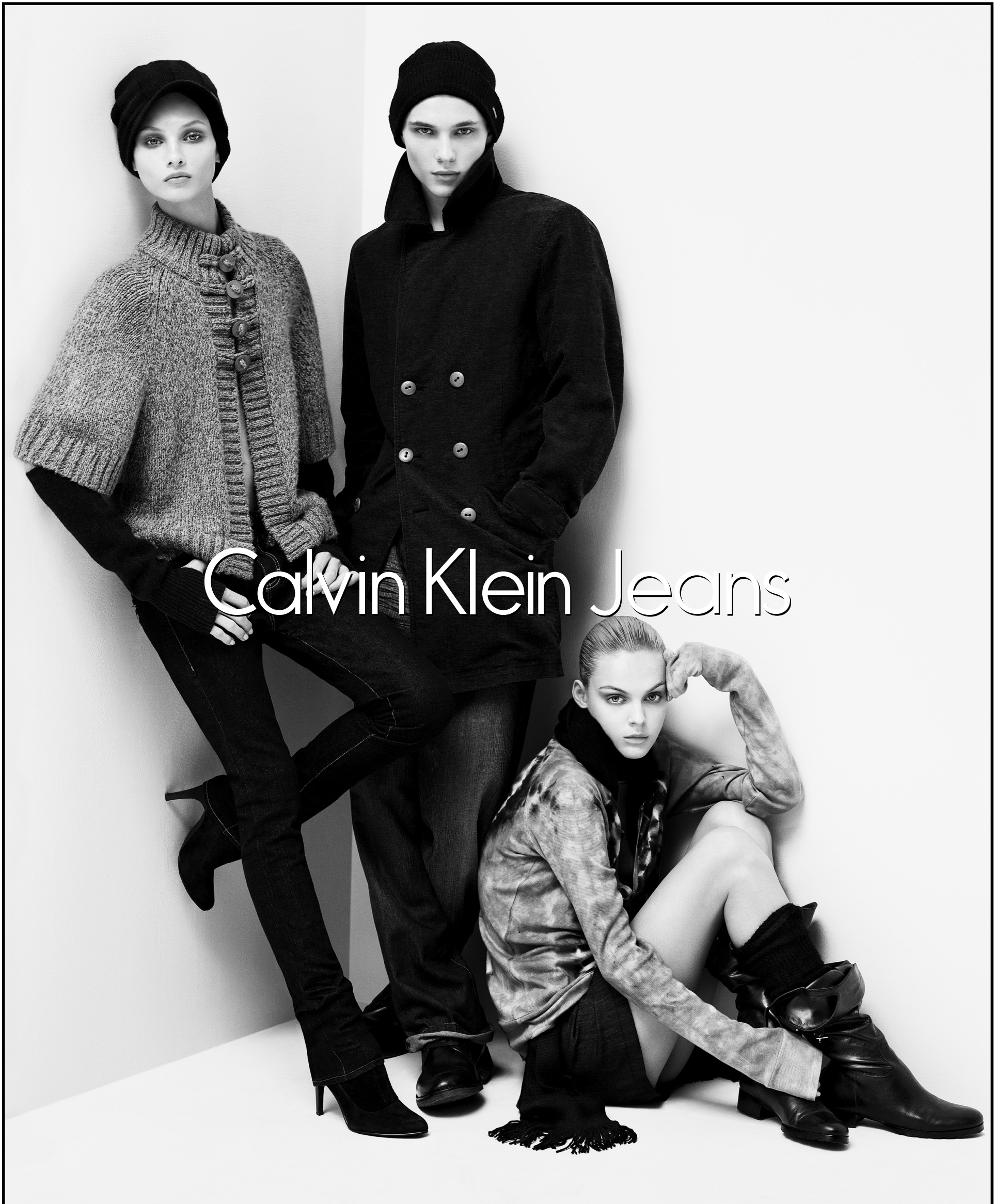
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Nanotech plans poor, report says

The current U.S. plan for the emerging field of nanotechnology lacks vision, fails to assess risk and leaves the industry vulnerable to public mistrust, a report by the National Research Council found.

The report, released yesterday, found serious gaps in the government's current plan for determining if there are risks posed by nano-materials. It called for an effective national plan for identifying and managing potential risks.

"The current plan ... does not present an overarching research strategy needed to gain public acceptance."

David Eaton

"The current plan catalogs nano-risk research across several federal agencies, but it does not present an overarching research strategy needed to gain public acceptance and realize the promise of nanotechnology," committee chairman David Eaton, a public health expert at the University of Washington in Seattle, said in a statement released to the media yesterday.

Nanotechnology, the design and manipulation of materials thousands of times smaller than the width of a human hair, has been hailed as a way to make strong, lightweight materials, better cosmetics and even tastier food.

REUTERS

News in brief

ARRESTS Pakistan confirmed yesterday the arrest of two men named by India as planners of the militant attack on Mumbai, but a skeptical senior Indian official described Pakistani actions so far as "eyewash."

HEALTH Type 1 diabetes and celiac disease, also known as gluten intolerance, share at least some genetic roots, researchers reported yesterday. The results of the study, published in the New England Journal of Medicine, also point to some of the same environmental triggers causing both conditions.

ENVIRONMENT Rich nations will be asked to contribute \$1 billion US to a fund to help the poorest countries implement urgent projects to adapt to climate change, a top official said yesterday.

REUTERS

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BEAUTY
at the Bay

Comment & Views

Comment

Patience Iggy's virtue

New Grit leader should pass on coalition and rebuild party

Home&Abroad

Andrew Cohen

Canada & world insight

Three years ago, Michael Ignatieff was a political neophyte. Amid much anticipation, he had returned home from Harvard after decades abroad as a journalist, author, professor and broadcaster. As expected, he ran for Parliament and won a seat.

When Paul Martin resigned, Ignatieff ran for the leadership. It was too early for someone who had barely unpacked his bags, and he surely knew it. His campaign foundered and failed.

But today, in one of those strange and wondrous reversals of fortune, Ignatieff finds himself leader of the Opposition. He could be

prime minister of Canada within two years, maybe tomorrow.

The man then and now are assuredly different. Ignatieff remains thoughtful, eloquent and telegenic, which helped make him an influential public intellectual in London and Boston.

Now, though, he has learned the bloodsport of politics, which is the critical difference. He has entered the arena. He has paid his dues. He is no longer a dilettante, an arriviste, a poseur.

Three years in politics isn't a lifetime of experience. But in the Age of the Amateur, it is certainly respectable, longer than

Pierre Trudeau or Brian Mulroney served before they became prime minister (though Trudeau had been justice minister).

What Ignatieff has now, which he didn't have then, is the credibility he earned in Parliament as deputy leader and party loyalist. Over the last three years, he learned to swallow his reservations about the fumbling Stéphane Dion, even as Dion was self-destructing. He knew to support Liberal candidates in ridings everywhere, knowing that one day they would support him.

He knew to wait his turn. He knew it would come.

Now what? First, he must avoid falling into a coalition — any coalition — with the New Democratic Party and

the Bloc Québécois. It would be unsustainable, unpredictable and, for the Liberals, unprofitable.

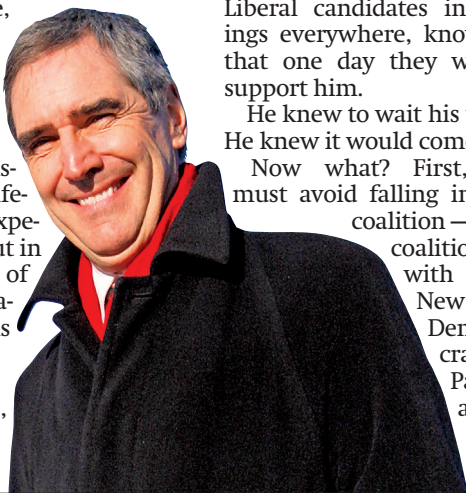
Second, he must renew the Liberal party. This means developing new ideas through a policy conference like the Liberals held at Kingston in 1960, positioning today's party in the centre-left, not the left, as a coalition would. It means finding ways to raise money, for example learning from Barack Obama's pioneering use of the Internet.

It means reorganizing the party structure. It means recruiting candidates, especially in Quebec and the West.

All this will take time. A wise leader will understand this. As Michael Ignatieff waited for the leadership, he will wait for power.

In politics, the foremost lesson is patience.

Andrew Cohen, a professor and journalist, is the author of *Extraordinary Canadians*: Lester B. Pearson.



REUTERS PHOTO

Views

State of Canadian economy rests on Obama

MoneyMatters

Charles Davies

Veteran Business Writer

When it comes to fixing the economy, we had all better hope our next leader gets it right. And when I say leader, I'm not talking about any of the delusional adolescents playing out the ongoing political farce in Ottawa. I mean Barack Obama, Canada's de facto economic caregiver-in-chief.

The hard reality for Canadians is that our well-being is reliant on the state of the U.S. economy. When your neighbour to the South takes three-quarters of your

exports and supplies two-thirds of your imports, you know you have a dependency issue. Add in the fact that Americans are the biggest foreign investors in Canada, and that we are their largest single supplier of oil and gas, and there's one truth that we can all hold to be self-evident. If Uncle Sam goes down for the count, we're going to get squashed.

He's already tottering. The U.S. lost more than half a million jobs in December, bringing the year's total to more than two million pink slips. Consumer spending is shriveling, as is business investment in inventory, plant and equipment. And let's not forget the sub-prime mortgage crisis and its potential to worsen as jobs continue to evaporate.

Although he doesn't offi-

cially become president until Jan. 20, Obama is already articulating elements of the economic rescue package he plans to take to Congress. Along with business and individual tax cuts, he's looking at raising unemployment compensation, adding to food stamps, providing federal aid to state and local governments and embarking on the largest public works program since the New Deal. Obama is not just promoting road and bridge building. He also wants to invest in things like broadband Internet access and smart electric grids, the kinds of infrastructure investments that would boost U.S. competitiveness once economic growth resumes.

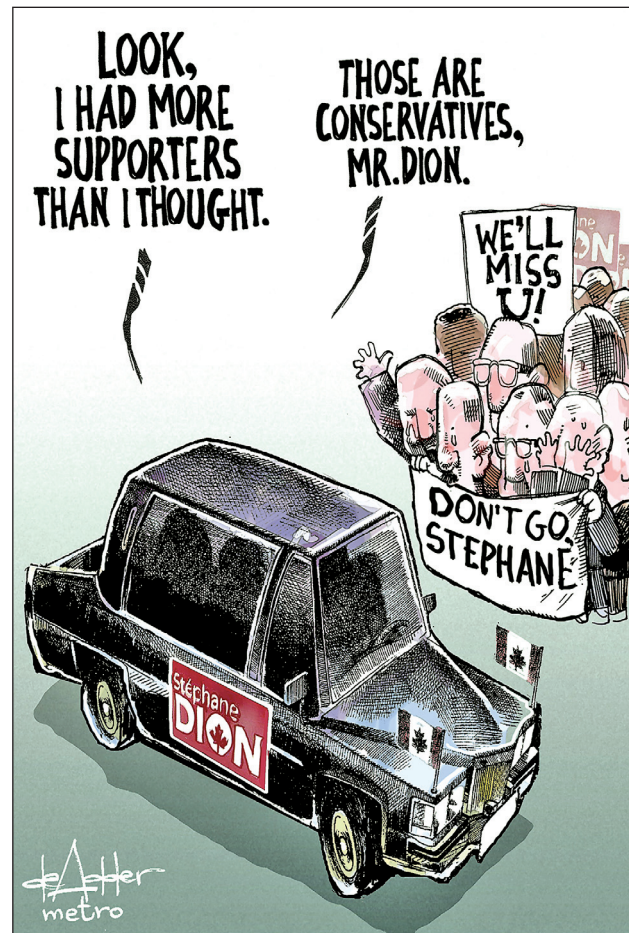
The cost? Who knows, but it could easily surpass the \$700 billion US already allo-

cated to bail out the financial system, not to mention the \$14 billion US in government subsidized loans approved for U.S. automakers.

Will it work? Nobody knows that either, but it's at least clear that massive government aid is coming because, after all, the U.S. economy is too big to fail.

President Obama will very likely give Americans — and Canadians — a New Year's gift by presenting an aid package to Congress the very week of his inauguration. That would be before Canada's Parliament even reconvenes to consider Sideshow Jim Flaherty's next budget.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including *Business Week*, *Canadian Business*, *Report On Business* magazine, *Reuters*, and *Financial Post*.



MICHAEL DE ADOR

Letters

High oil prices not needed for innovation

RE: letter "It's up to consumers to adapt to changing oil prices" (Dec. 8).

The fact oil prices are coming down after spiking so dramatically has not stopped innovation from occurring. The fall of oil and gas prices has been a welcome reward to many, including the farmers and ranchers of Canada, who have been beaten up by the peak in oil prices without receiving any reward in increased commodity prices. Also, when prices are high, it does not force oil companies to be innovative.

The threat of another upward spike is enough to scare most people into being more aware.

CLAY CREAMY, BROWNSFIELD, ALTA

Contraception and consent

RE: "Teens need sex education" (Dec. 9).

Josey Vogels promotes the British contraception plan of offering contraception injections for 13-year-olds without parental consent.

Under this plan they can be prescribed medication

that alters their blood chemical and hormonal balance without parental consent.

What 13-year-old has the wisdom to consider the pros and cons of artificial hormone therapy? Side-effects range from mood changes to high blood pressure and blood clots.

Parents at the very least should have a say in their daughters' medical care.

JAI REID, PICKERING

The Queen deserves respect

Re: "Let's retire the Queen" (Dec. 10)

Mr. Sullivan should read up on some Canadian, and world history before he calls the Queen of Canada a lawn ornament, or absurd.

How pathetic and shameful. He speaks of preserving our parliamentary democracy. Well, Britain and the monarchy were instrumental with that. Give respect where it is deserved. Maybe you, Mr. Sullivan should be an ornament in Her Majesty's office to see how much she really does and how much she cares for all the citizens in her Commonwealth — even you.

STEVEN KRELLER, VANCOUVER

It's your turn to tell others what you think. E-mail your thoughts and opinions to: edmontonletters@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Oil situation won't get much worse

Deutsche Bank's chief economist Adam Sieminski predicts oil prices could dip to \$30 US a barrel, but that they will rebound to \$80 US a barrel in 2011, as the world economy recovers beginning at the end of next year. **REUTERS**

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Rate decision by banks stirs anger

Canadians are speaking out against a decision by the big six banks not to fully match a big interest rate cut by the Bank of Canada.

A spokesperson says the Consumers' Association of Canada has received "hundreds of calls" from "outraged" Canadians across the country since the chartered banks decided to lower their prime rates by only 50 basis points. The central bank had earlier cut its trend-setting rate by 75 basis points.

Consumers appear upset that the banks are blunting the impact of the Bank of Canada's monetary policy, and that they are doing so at a time when they are tapping taxpayer-funded programs to bolster lending. Among those initia-

Online reaction

- A Facebook group called "Pass on Rate Cuts, Canadian Banks" has been set up to protest the banks' decision not to pass on the full rate cut.

tives, Finance Minister Jim Flaherty has tripled Ottawa's mortgage purchase program to \$75 billion and backstopped more than \$200 billion in interbank loans.

In a statement, Flaherty's spokesperson noted the objective of both the mortgage purchase program and the lenders assurance facility is to "further improve credit availability and affordability" for consumers and businesses. **TORSTAR NEWS SERVICE**

Russia **Faltering fur sales**



A woman tries on a fur coat at a fur fair in Moscow yesterday. Due to a mild winter, this year's total fur sales in Russia — mainly coats — will drop by half to around \$2.5 billion US.

Mexico's Bimbo buying Weston unit

ACQUISITION Mexico's Bimbo is buying the U.S. breadmaking unit of Canada's George Weston for \$2.38 billion US, giving it a chunk of the eastern U.S. market with one of the biggest ac-

quisitions in its history. Bimbo, one of the world's top breadmakers, also purchased George Weston's western U.S. breadmaking business in 2002. **REUTERS**

Business in brief

AVIATION ACE Aviation Holdings, which holds 75 per cent of Air Canada's shares, will wind up its operations, saying yesterday it plans to distribute its Air Canada shares and other assets to shareholders. It will appoint a liquidator to distribute its cash and holdings.

TRADE The White House is on track to finalize rules that require country-of-origin labels on meat sold in U.S. grocery stores. The labels have been challenged by Canada as a violation of world trade rules. **REUTERS**

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Defenders at penalty kicks will no longer be able to creep closer to the ball in the Argentine soccer league. Using an aerosol spray can to mark the required distance between the ball and opposition players during a penalty kick was approved by the Argentine Football Association yesterday. **METRO NEWS SERVICE**

Sports

SPORTS@METRONEWS.CA



Report: Avery decision next week

TSN reported last night that the Dallas Stars will hold making a decision on Sean Avery's future with the team until his NHL suspension is completed. Avery is eligible to return play again when his suspension for making lewd comments ends on Dec. 16.

METRO NEWS SERVICES

Conrad fights for national funding, spot in 2010

VANCOUVER
2010 Games

MATTHEW WUEST
matthew.wuest@metronews.ca

Sarah Conrad isn't sure where her national sponsor money went, but she's ready to fight to get it back.

The Dartmouth, N.S., snowboarder, who unexpectedly went to the Winter Olympics in Turin in 2006, is encountering a few bumps in the road on her way to Vancouver 2010.

Turns out the Canadian Olympic Committee's Own The Podium slogan could leave Conrad out in the cold.

"Turin was kind of like, 'Yeah, sweet, you qualified, go and see how you can do,'" Conrad says. "Now, it's like, 'Go and medal or else you're not going at all.' The pressure's on.

"Sometimes, you feel

As she tries to make the cut for Vancouver, Sarah Conrad knows that getting funding in Canada was difficult even before the recession.

the support, a lot of times, you don't.

"Right now, I'm kinda not feeling the support from big-money sponsors.

"I have to work my butt off and get them back on my side and prove to them I have medal potential."

The half-pipe rider has rapidly improved since Turin. She posted a number of top-six finishes at major events last season, including a personal-best silver medal at a World

Cup event in Stoneham, Que., on her birthday in March.

While that would appear to be enough to guarantee money from big corporate sponsors, Canada's raised bar and the economic climate are working against her.

But Conrad, whose sea-

son gears up tomorrow at the U.S. Grand Prix near Denver, says the downturn won't prevent her from travelling to important events. "Money's money, if there's a will, there's a

way," she says. "I may not live as comfortably as I should, but I'll still go. I won't miss a contest because I don't have money."

Helping her cause is sponsorship support from Atlantic Canada. Many smaller corporations have gotten behind Conrad, who was the only Nova Scotian to go to Turin.

"They're still really pumped for me," Conrad says.

Conrad's results this winter will be pivotal in her quest for a spot in Vancouver, particularly at the world championships in January and World Cups in February and March.

The 23-year-old, who lives in Squamish, B.C., for much of the year, says she can already feel "Olympic fever" building for 2010, and doesn't want

"Sometimes, you feel the support, a lot of times, you don't. Right now, I'm kinda not feeling the support from big-money sponsors. I have to work my butt off and get them back on my side and prove to them I have medal potential."

Sarah Conrad

to be left out.

She hopes consistent top-six finishes will get her there.

"I feel good about my riding; I feel strong," she says.

"The next year is going to be a trip, but this is what we do. This is our job. I'm going to do my best and see how things end up."

Oilers should be thankful that it's a one-man show upstairs

TheHockeyNews

Adam Proteau

thehockeynews.com

As the holiday season approaches, it's an ideal time for hockey fans to express thanks for any and all good fortune they've enjoyed this past year.

In Edmonton, it's difficult to be cheery, what with the Oilers having won just three home games this season.

But there's one thing — make that one person — Oil fans should be especially thankful for: their owner, **Daryl Katz**.

Katz hasn't turned the NHL upside down since he bought the franchise last July.

However, the fact Edmonton has a single soul directing the team has to

be considered a distinct competitive advantage.

Look at the last 10 Stanley Cup-winning teams: with the exception of the New Jersey Devils — who have a de facto all-powerful emperor in **Lou Lamonico** — every championship franchise was owned by one individual.

In Detroit, it was **Mike Ilitch**; in Anaheim, it was the husband-and-wife team of **Henry and Susan Samueli**; in Carolina, it was **Peter Karmanos**; in Tampa Bay, it was **Bill Davidson**; in Colorado, it was **Stan Kroenke**; and in Dallas, it was **Tom Hicks**.

In each of those circumstances, the aforementioned owners allowed their hockey brass to manage as they saw fit. Owners were there primarily to provide the financial backbone and not to interfere — and that's a major reason why they were successful.

Meanwhile, teams that function under corporate conglomerates rarely have the requisite flexibility,

drive and passion found under single ownership structures.

In Atlanta, Toronto and Nashville, among other locales, the multi-owner approach lends itself more to backroom power struggles and time-wasting board meetings than play-off victories.

Nobody's saying the Thrashers, Maple Leafs or Predators won't prove that theory wrong some day. But the truth is that, in an industry where key decisions (i.e. free agency or trades) often must be made at the drop of a hat, securing the official green light from a board of directors makes the process more difficult than it is when you can make a single phone call to your owner.

That's a big benefit for Katz and the Oilers. He'll undoubtedly make errors along the way, but his control of the team is reason enough for optimism.

The Hockey News
@thn.com

Another record contract

CC Sabathia has agreed to join the New York Yankees for what is expected to be the richest contract signed by a pitcher, Major League Baseball's website said yesterday.

The report said the agreement came after the Yankees added another season and \$20 million to the offer they made the player last month, bringing the package to \$160 million over seven years.

The deal, though, has still to be finalized and the team has yet to make an official announcement.

If it goes through it will eclipse the record six-year, \$137.5 million deal agreed between the New York Mets and Johan Santana last year.

Yankees general manager Brian Cashman held talks with 2007 American League Cy Young Award winner Sabathia at this week's baseball winter meetings in Las Vegas.

Cashman then travelled to the

Burnett next?

• According to ESPN, the Yankees have offered former Blue Jay A.J. Burnett a guaranteed five-year deal.

San Francisco area to meet the pitcher and his family on Tuesday night, according to media reports.

The 28-year-old free agent, a six-foot-seven left-hander, split his 2008 season between the Cleveland Indians and Milwaukee Brewers, posting a combined 17-10 record and an earned run average of 2.70.

Sabathia has a 117-73 record in eight major-league seasons. Last year the Yankees missed the postseason for the first time since the strike-shortened 1994 campaign, finishing behind the AL East-winning Tampa Bay Rays and Boston Red Sox as injuries decimated their pitching rotation.

REUTERS

Snowblower knocks out Sakic

NHL Colorado Avalanche centre Joe Sakic will miss the next three months after undergoing surgery Tuesday night to repair three broken fingers and tendon damage, the team announced yesterday.

Sakic, already suffering from a herniated disc in his back, hurt the fingers in a snowblower accident.

He missed several games in November with back problems and also missed a game on Nov. 24 with an infected tooth.

REUTERS

SCOREBOARD

NHL

LAST NIGHT'S RESULTS

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Detroit 4 Calgary 3 (OT)
Buffalo 4 Tampa Bay 2
New Jersey 4 Pittsburgh 1
N.Y. Rangers 3 Atlanta 2 (OT)
Phoenix 5 Dallas 3
Washington 3 Boston 1
St. Louis at Anaheim

NBA

LAST NIGHT'S RESULTS

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Cleveland 101 Philadelphia 93
Memphis 108 Oklahoma City 102
New Orleans 105 Charlotte 89
New York 121 New Jersey 109
San Antonio 95 Atlanta 89
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Phoenix at L.A. Lakers
Milwaukee at Golden State

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Holiday Shopping Guide IV

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

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#3

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A Greener Christmas, written by Sheherazade Goldsmith, \$28.

#4

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#5

Telinho the monkey

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#6

FunkyFlip carrier bag

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This environmentally friendly shopping bag is available online for \$38.

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Holiday Shopping Guide IV

Beauty-ful finds: The best of 2008

JANINE FALCON
for Metro Canada

Hankering for an improved complexion, lusher lashes or super-glossy hair? Here's a round-up of some of the year's most effective stuff to help you get what you need.

Skin care

A new study from the University of Toronto suggests that greens+ plant-based supplements may contribute to the reduction of the stress hormone cortisol, which is linked to obesity, cardiovascular disease, mental health and acne. While further study is required to confirm findings, preliminary results make **Genuine Health healthy skin with greens+** (156g, \$27.99) something more than hope



in a jar. **Clarins Pure Melt Cleansing Gel** (\$36) dissolves stubborn makeup and dirt, and rinses cleanly away to leave skin soft, fresh and bright.

With lactic acid to help exfoliate, **Dermalogica Age Smart Skin Resurfacing Cleanser** (\$46) gently smooths skin as it cleanses.

Makeup

Oily skin's new best bud, **Smashbox Photofinish Light** (\$44) is a weightless primer lotion that ensures makeup stays put without feeling masky.

GOSH Velvet Touch Eye Liners (\$13 each)

are waterproof, creamy-smooth, and come in a gazillion colours.

Flake-proof **Clinique Lash Power Long Wearing Formula** (\$18) beats humidity, rain, tears and oily lids, yet washes off with very warm water. Tied for "best-of" placement is just-released **Lancôme Oscillation** (\$39), which, with its micro-vibrating wand and gel-like formula, curls, lengthens, and volumizes for a faux-lash finish.

The most exciting blush debut since **Benetint, Benefit Posietint Lip & Cheek Stain** (\$35) brightens with a youthful, long-lasting, sweetly pink flush.

CoverGirl Wetslicks Amazemint lip glosses (\$6.99 each) rock for



sheer colour, non-sticky and non-drying texture, and a lick of peppermint oil in the mix.

The most makeup bang for your buck, the **Sephora Ultimate Blockbuster Collector's Edition palette** offers more than \$300-worth of cosmetics for just \$58.

Hair care

Besides giving the long-time-singleton shampoo a partner, **Head & Shoulders**

Conditioner (\$6.99) helps defeat dandruff and really does leave hair shiny and healthy.

John Frieda Luminous Colour Glaze (\$13.99) has a

new lighter consistency to crank hair-in-need's sheen way, way up.

This year, curly-haired girls fell for **re:coil shampoo, conditioner** (\$20 each) and **curl activator** (\$19) from Canadian company **AG Hair Cosmetics**. The trio delivers frizz-free curls with just a bit of product.

Green star

Big green kudos to a growing number of earth-friendly lines, such as **Live Clean** and **La Coupe Orgnx** haircare and **Cargo PlantLove** cosmetics. Live Clean and Orgnx are formulated with natural and certified-organic botanicals, and housed in recyclable bottles; PlantLove steps up with compostable

packaging. Canadian-made all three, their eco-footprint is lighter than that of imports. Runnerup: U.S.-made natural-based **Babaii** for **WildAid** hair care, with support from actress **Kate Hudson**

and 10 per cent of proceeds marked for WildAid, a global wildlife conservation organization.



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Holiday hit list for him

• They don't quite speak the lingo, but guys are waking up to skin care that helps deal with common issues, such as razor burn, dry, tight skin, UV damage and cracked lips: **Kiehl's Blue Herbal Gel Cleanser**

(\$30.50) contains salicylic acid to discourage blemishes. **Nivea for Men Energizing Face Scrub** (\$9.99) buffs off dead skin with a wakeup tingle. The **Real Shaving Co. Self-Heating Mask** (\$11.99) warms on contact to soften beard and skin.

Burt's Bees Natural Skincare for Men Shave Cream (\$12) is Earth-friendly for the eco-inclined. A few drops of **Cromwell Cruthers Men's Shaving Oil** (\$5.95) instead of shaving cream helps the razor glide for a close, silky finish. The **Gillette Fusion Phenom**

razor (\$13.99) features a five-blade head that creates a flat surface on skin for reduced friction, and has a preci-

sion trimmer for tricky areas, such as around soul patches. The **Body Shop Maca Root Eye Serum** (\$20) contains Peruvian maca root and community-trade sesame

and Brazil nut oils to hydrate and de-puff tired eyes. **Dermalogica Daily Defense Block SPF15** (\$45) is a light yet intensely moisturizing face lotion that fights ingrowns and protects skin from that chapped, tight feeling. Packed with thermal-spring minerals and vitamins, **Biotherm Homme Aquapower Dry Skin moisturizer** (\$29.50) is actually a longtime fella fave. **Gillette 2-in-1 Dry Skin Hydrator + Body Wash** (\$5.99) cleanses as it puts a



stop to winter itch. **Kiehl's Facial Fuel No-Shine Moisturizing Lip Balm** (\$12) keeps lips comfy without telltale shininess.

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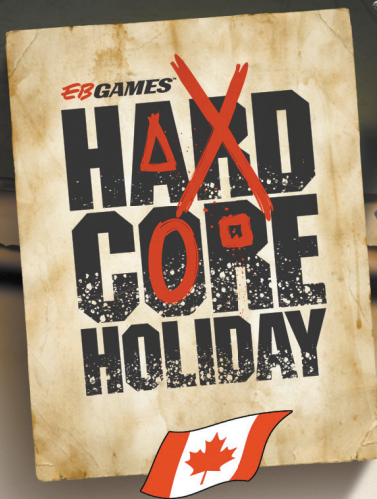
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The Philips and Swarovski Active Crystals line includes the USB Hear Ware Crystal memory keys, left. The keys are \$210 for 1GB of storage, and \$264 for 2GB. Go to active-crystals.com for more. **METRO NEWS SERVICES**

Holiday Shopping Guide IV

Gifts for aspiring shutterbugs

RICK MCGINNIS
rick.mcginis@metronews.ca

Digital snapshot cameras have reached a kind of quality plateau in the last year — image size hovers around the generous eight- to 12-megapixel range, and shutter lag (at least without flash) has been reduced, which means that you're buying based on price and which particular combination of features appeals to you.

THE BASICS:
Olympus FE-360 8-megapixel digital camera (\$129)

Canon Powershot SD1100 8-megapixel digital camera (\$179.99)

Kodak M1093 10-megapixel digital camera (\$199.95)

Olympus Stylus 1050 SW 10-

megapixel digital camera (\$299)

Sony T77 10-megapixel digital camera (\$299.99)

Sony T700 10-megapixel digital camera (\$429.99)

On the low end, we have the **Olympus FE-360** and **Canon's SD 1100**, both eight-megapixel cameras in familiar styles — 2.5-inch

LCD screens with controls laid out around and above the menu toggle button and the shutter on the right side of the camera.

Olympus puts its selection of shooting modes down a couple of levels in the menu, while Canon puts them one button away. Zoom ranges are about equal. The Canon, sole among the cameras tested, gives you the option of a rangefinder to look through

when bright sunlight makes the LCD hard to use.

Kodak's M1093 is about as basic, though the controls have been tidied up a bit, and Kodak's Smart Capture shooting mode remains one of the most user-friendly automatic shooting modes on the market. **Olympus' 1050 SW** is a flush-lens/sliding-lens cover model that's built to withstand rough treatment and weather. The back contains the usual array of controls, but Olympus has built in an accelerometer-controlled interface where you can set shooting options by tapping on the camera — once to select, twice to accept.

On the high end, both in terms of price and design, we have a pair of Sony sliding-lens cover cameras. The **T77** and **T700** are basically siblings with sleek aluminum bodies and touchscreen interfaces on the back. The 3.5-inch widescreen LCD on the back of the T700 is a half-inch wider than its brother, though both cameras let you select the area of the frame you want to focus on with a tap.

ONE STEP BEYOND:
Olympus SP-570UZ 10-megapixel camera (\$449)

Panasonic Lumix LX3K 10-megapixel camera (\$549.99)

Olympus E-420 digital SLR w/25mm Zuiko Digital lens (\$679)

Once you've gotten tired of the limitations of a point-and-shoot camera, you'll want to move up to something with more range. The **Olympus SP-570UZ** is a "superzoom" camera, part of a range of cameras that have been gaining popularity with amateur photographers. It has a startling 20x optical zoom that can (and did) pick off a hummingbird hovering by a feeder and a full range of automatic shooting modes, as well as manual controls that approximate a full SLR.

Panasonic's LX3 has become a big hit with professionals looking for a small camera for travel and location scouting. It's accomplished this by putting its aspect-ratio controls on the Leica lens barrel, letting you compose with a full widescreen LCD on the back and making its low-light capability the best on the market.

Finally, **Olympus' E-420** was reviewed here before, but the company's stellar lens range has come up with a 25mm "pancake" lens that transforms this little SLR into a true joy. Dispensing with the cumbersome zoom that usually comes with this sort of camera, you end up with a light, elegant machine.



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Holiday Shopping Guide IV

Sweet treats



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#2 Chocolate indulgences

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Premium Swiss Dark and Milk Chocolate Truffles, \$5.99.

#3 Sweet Cheeks

Visit: cakebeauty.com
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#4 Turtles get retro

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This limited-edition Turtles Retro Tin includes 24 chocolates, \$12.99.

#5 Piece of cake

Visit: lush.ca
Christmas Cake Slice soap, by Lush. Each slice is sold by weight.

#6 For the beer lover

Visit: innisandgunn.com
Limited Edition Innis & Gunn Rum Cask Finish, \$4.95.

#7 Holiday cheer

Visit: Your local liquor store
Bailey's Original Irish Cream gift set with martini shaker, \$35.95.

#8 Belgian treats

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If you're keen on DIY projects, check out the ideas from the TV show Pure Design. Go to hgtv.ca/puredesign, then Projects & Articles, and click on instructions for a gadget-charging station, a storage bench and more. **METRO NEWS SERVICES**

Metro Homes

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONews.CA

Give cards some decorative credit

Stripped of its modern emphasis on overspending, overindulgence, and pressure to get it all done by Dec. 25, Christmas is about bringing glad tidings of love and joy.

And as Santa's attention is purported to reward a child's level of "niceness" through the year, could the number of cards you receive be an adult's indication of your own?

Receiving personalized cards makes us feel appreciated, remembered and important, so it's appropriate to show off those gloriously decorated cardboard validations. People don't send or receive as many cards as they did a generation ago, but that can actually be a good thing. It's easier to make a tasteful display with smaller groups of cards, rather than the walls of string lines common in our suburban bungalows of the 1960s.

First, take an inventory of the spaces you have to work with, the look or theme you're shooting for and any unique architectural details that can be used in common areas.

Ceilings over a bay window, bulkheads, arches or transitional spaces all allow for vertical strips or creative horizontal "clothes lines" made of ribbon, garland, wire, or LED strands of lights. Use a hole punch in the corner of the card and thread a narrow ribbon or ornament hook through it, then attach it to your hanger. You have artistic licence to go as simple or as elaborate as fits your style, according to the ribbons you choose or extra ornamentation such as bells, silk flowers, or bows on the hangers. If you're renting and have inherited ceiling hooks for hanging plants, you've already got a perfect place for a cascade of cards.

Another simple plan for showing off a few cards is to drape a pretty ribbon from a row of vertical



Holiday cards can be displayed in a tasteful manner.

Receiving personalized cards makes us feel appreciated, remembered and important, so it's appropriate to show off those gloriously decorated cardboard validations.

floating shelves or a bookcase and affix greeting cards with two-sided tape. The same approach could show off family photos year-round.

Christmas craft fairs can uncover materials to improvise with in your display. Small details such as tiny red, wooden clothes pins meant for a Danish advent calendar make excellent hangers and work well with a hand-made, country

theme. Stationary shops are also a great place to find fancy paper clips or other supplies you can adapt. Meanwhile, bulletin or plain foam boards can be covered with festive fabric or wrapping paper and mounted on a wall or door. Two-sided tape also comes in handy on a tree-shaped board and is a quick and easy way to mount cards as soon as you receive them. Add decorations or

florist's moss in between to cover empty spots.

Banisters and Venetian blinds have always been a favourite showcase for larger cards, and if you have a brick fireplace, you can curl the cards between the rows of mortar.

For flat surfaces, consider putting a few cards in a pretty bowl, basket or vase amidst tinsel, pine cones and branches, or ornaments.

When you catch sight of your card display, you'll be reminded of the warmth extended to you and yours this holiday season.

That's really what it's all about.

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Courtesy of DRAFT

The November/December issue of DRAFT magazine features nine essential holiday cocktails: Snowflake, Yule Berry Tini, Peppermint Froth, Eggnog White Holiday, Poinsettia Cocktail, Chocolate Eggnog Martini, Baked Apple Pie Cocktail, World Peace Cocktail and Cranberry Sauced. **METRO NEWS SERVICES**

25

Food

For the Eggnog White Holiday cocktail, you'll need: 1 ounce White Chocolate Godiva Liqueur; 1 ounce Navan Cognac and eggnog.

November/December issue of DRAFT Magazine



And then ...

Shake all ingredients in a shaker with ice and strain into a glass. Garnish with gold flakes.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA

Santa's little kitchen helpers

À la carte

Barb Holland

Metro Food Writer

I realize not everyone — OK very few — appreciate kitchen gadgets under the tree. But, for what it's worth (it is a free newspaper), I thought I would pass along some of my favourite small but useful kitchen gadgets. The operative word here is useful. If not useful, they don't clutter my drawers or cupboards for long.

Onion Goggles

If you chop a lot of onions as I do and have tried the many ways to prevent tearing, here's one that works. I have bought and given many Onion Goggles to family and foodie friends.

Yes, a little corny looking, but these plastic glasses have a comfortable foam seal that protects eyes from irritating onion vapours. Give with a bag of onions for a gift they'll talk about for awhile. \$25.

Remote Digital Thermometers

Aside from a keen cook, every kitchen should have a thermometer, no exception. I particularly like Remote Digital Thermometers. When it comes to



Onion Goggles, top, Remote Digital Thermometer, from left, Hands-Free Soap Dispenser and Immersion Handheld Blender.

roasting meat, variables such as shape, size and type of meat; cooking guidelines (min/lb or kg) are just that — guidelines. A thermometer is virtually foolproof.

A steel probe inserted in the meat and the attached wire remains in the oven during cooking. The base, outside of the oven, displays the increasing internal temperature during cooking.

An alarm beeps when the internal temperature you have set is reached. They usually have a timer as well. There are a quite a few available and prices range from \$30 to \$70.

Hands-Free Soap Dispenser

Why didn't someone think of this before? When

prepping yucky things, a Hands-Free Soap Dispenser is such a good idea. The sensor dispenses soap touch-free to help avoid cross-contamination. \$25 to \$40.

Immersion Handheld Blender

An Immersion Handheld Blender is a handy gadget for puréeing soups right in the pot or whipping up pina colodas. Get one with a few attachments — a knife blade and container for chopping small amounts and a wire whip — for versatility.

Price ranges: \$30 to \$100 (depending on attachments).

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

The Feast of Sacrifice

Eid al-Adha or Feast of Sacrifice is the most important feast of the Muslim calendar. It concludes the Pilgrimage to Mecca. Eid al-Adha lasts for three days and commemorates Ibrahim's (Abraham) willingness to obey God by sacrificing his son. Muslims believe the son to be Ishmael rather than Isaac as told in the Old Testament. Ishmael is considered the forefather of the Arabs. According to the Koran, Ibrahim was about to sacrifice his son when a voice from heaven stopped him and allowed him to sacrifice a ram instead. The feast re-enacts Ibrahim's obedience by sacrificing lamb. The family eats about a third of the meal and donates the rest to the poor.

Habeeb Salloum is a resident of Toronto and author of numerous cookbooks, including Arab Cooking on a Saskatchewan Homestead: Recipes and Recollections (Canadian Plains Research Center, University of Regina, Regina, 2005).

The following recipe is supplied by Salloum. The main dish is a whole lamb, minus the head. One-third goes to the family who sacrificed, bought or prepared the lamb and two-thirds goes to the poor around them (including neighbours, extended family, friends, etc).

The reason why one-third goes to the family is to keep them humble and so that they eat from the same lamb that they are sacrificing and giving to the poor. Eating from the

"The reason why one-third goes to the family is to keep them humble and so that they eat from the same lamb that they are sacrificing and giving to the poor."

same lamb means the poor don't feel like the family who sacrificed it are above them.

Kharouf Mahshi — Stuffed Lamb

Serves 20 to 25.

INGREDIENTS:

- 20 to 25 pound lamb, thoroughly washed
- 1/2 cup lemon juice
- 3 tablespoons salt
- 4 teaspoons pepper
- 4 teaspoons allspice
- 1/2 pound butter
- 3 pounds beef or lamb, cut into very small pieces
- 4 medium onions, chopped
- 1 cup blanched almonds
- 1/2 cup cashew nuts
- 1/2 cup pine nuts
- 1/2 cup pistachio nuts
- 5 cups rice, rinsed
- 1/2 cup raisins
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1/4 teaspoon cayenne
- 8 cardamom seeds, crushed
- 6 cups water
- 2 cups plain yogurt
- 1 cup honey
- 2 teaspoons powdered garlic
- 2 teaspoons ground coriander seeds
- 1 teaspoon cumin
- 1 teaspoons ginger

METHOD:

Thoroughly rub lamb both inside and out with a mixture of the lemon juice and 2 tablespoons of the salt. Set aside and allow

standing for an hour. Combine 2 teaspoons pepper and 2 teaspoons allspice. Rub lamb inside and out with this mixture then set aside, ready for stuffing.

Melt butter in a large pot then sauté chopped meat over medium heat for 15 minutes. Stir in onions, almonds, cashews, pine nuts and pistachios.

Sauté for a further 10 minutes or until nuts begin to brown. Stir in remaining salt, pepper and allspice, rice, raisins, cinnamon, nutmeg, cayenne, cardamom and water. Bring to a boil and cover. Simmer over medium/low heat for 20 minutes. Stuff lamb with the contents of the pot, then sew closed and place in a large baking pan.

Make basting by combining remaining ingredients. Baste lamb and cover with aluminium foil. Bake in a 300° F preheated oven for 3 hours, then remove foil and baste. Bake covered for a further hour, basting twice.

Turn lamb over, baste, re-cover with foil, then cook for a further 1 1/2 hours or until the lamb meat is tender, basting every half hour. If baste finishes, baste with pan juices.

Place lamb on a large platter. Remove sewing thread and serve piping hot along with salads.

METRO NEWS SERVICES

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Style



Add style to your wrapping regiment

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METRO NEWS SERVICES

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Glam it up this New Year's Eve

New Year's Eve dresses and shoes

I'm sure your New Year's Eve (NYE) plans have already been set (weeks in advance of course), but have you made plans for what dress you'll be wearing? Well, here's a little guidance to get you going. Shine through the new year and go for glitter and glam — NYE is usually the only time you can wear a full on sequined dress. Nix the little black dress idea and go for something with colour to brighten up the night. And if daring enough, sex it up with a strapless mini. For shoes, step into the new year with rocker-worthy studs, zippers and jeweled baubles. If you haven't bought your dress yet and are looking to find shoes first, try buying black-based shoes as it's usually a given that it'll go with everything.



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geox.com

\$160

Style File



Kim Elbo

kim.elbo@gmail.com

ask kim

I was just at a holiday party and got a small stain on my chiffon dress, how can I get the stain out?

First of all, there are different types of chiffon. If your dress is a poly chiffon (blend of polyester and chiffon), then you can wash it and dry it with no disturbance to the fabric. However, if your dress is silk chiffon, then you'll have to dry clean it as water or any other liquids can distort the fabric.

E-mail your style questions to kim.elbo@gmail.com.

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

GlobalStyle



Kenya Hunt

Exclusively at
metronews.ca/globalstyle

tip: Want to have good luck in love in the coming year? Try this Mexican tradition; wear a pair of new red underwear on New Year's Eve. (gomexico.about.com).

Food + Entertaining

YAHOO! LIFESTYLE
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HOLIDAY PLANNING CHECKLIST

Getting and keeping your family organized over the holidays can be a daunting task, but do it right and your holidays will be stress-free!

As soon as December hits, most of us get caught up in the whirlwind that is the holiday season. This time of year usually requires a lot of planning, not to mention great organizational skills. To help you have a happy, healthy, and stress-free holiday, we've created a holiday checklist, filled with simple, time-sensitive reminders that will help you stay on track.

3 weeks before

- Create a holiday budget.
- Make a list of all the gifts you want to buy and for whom. Keep a copy on you at all times.
- Make an appointment with your stylist (and/or manicurist, massage therapist, etc.).



(continued online...)

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A photograph of two young children sitting on a wooden floor against a wooden wall. The child on the left is a boy with blonde hair, wearing a blue and maroon striped turtleneck sweater and a matching scarf. The child on the right is a girl with dark hair, wearing a multi-colored striped turtleneck sweater, a matching scarf, and a striped beanie. Both children are smiling. The text 'Sweater \$19.90' is overlaid on the left child's sweater.

Sweater \$19.90

The H&M logo, consisting of a stylized red 'H' and 'M' with a small '&' in between.

H&M
MOST FASHIONABLE GIFTS

The creator of the hit TV show Baywatch is looking for the next Pamela Anderson to star in a new version of the series based in New Zealand. Anderson starred as lifeguard C. J. Parker in the 1990s series. IMDB.COM

Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Pearl Jam raids vaults for reissue

MUSIC Pearl Jam has unearthed a host of unreleased tracks and special surprises from its vaults for a reissue of its 1991 debut album, Ten.


Four different editions will be available March 24 from its former Epic Records label; pre-orders begin Wednesday at PearlJam.com.

Each version includes a digitally remastered version of the original album as well as a new remix of the set by longtime producer Brendan O'Brien, who did not work on Ten but produced Pearl Jam's subsequent four albums. Bassist Jeff Ament and designer Andy Fischer teamed to revamp the artwork.

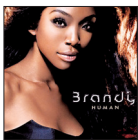
REUTERS

New Brandy lacks emotion

Brandy

Album: Human
Label: Epic/Sony BMG
Rating: 

FOR ALL THIS Grammy-winning singer/ac-tress has endured of late — specifically, a 2006 car accident that resulted in a fatality and ensuing legal fallout from all parties concerned — one would surmise an outpouring of lyrical and musical emotion on Brandy's first new outing in four years. Save for a chilling Shattered Heart, any thankfulness of being alive, being able to love and yearn for love, yada yada yada, is bathed in predictable, repetitive, synth-heavy R&B and all the




MusicReviews

music@metronews.ca

adult contemporary softness of a white down comforter. Is it really that wrong to occasionally emote some rawness?

Ian Nathanson/for Metro Canada

Alice Russell

Album: Pot of Gold
Label: Little Poppet/Six Degrees/Outside
Rating: 

HAD THE LIKES of Amy Winehouse and Aimee Duffy not emerged before her, this U.K. songstress' fourth album would have perked up many ears with her throw-



Human is the first album from R&B singer Brandy in four years.

back to '60s Motown-meets-Stax soulfulness. What does set Russell apart is her ability to wail away to near ear-piercing screams as if she longs for the attention above the punchy horns and backing choirs. And while she ca-

pably works some magic on a slow-burning gospel-tinged cover of Gnarls Barkley's Crazy, much of Russell's efforts come across calculated and flat following the high-energy opening cuts.

Ian Nathanson/for Metro Canada

Coldplay

Album: Prospekt's March
Label: EMI
Rating: 

WITH A SUCCESSFUL album just a few months ago, Coldplay didn't need to release an EP of left over material from the Viva La Vida sessions. But they did, likely because they actually care about their fans. The eight-track count is a bit misleading though — three songs are remixes of Viva songs and one is a 48-second piano track. Still, the three new tunes are as good as anything off their recent full-length — especially Glass of Water — while the reworked tunes are a treat.



Bryan Borzykowski/for Metro Canada

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No more Jurassic Park

Movie producers have ruled out a fourth Jurassic Park blockbuster because they say the story died with author Michael Crichton. **IMDB.COM**



Ruffalo's brother in game of Russian Roulette, lawyer says

DEATH Police released a woman arrested in the shooting death of actor Mark Ruffalo's brother, after she told investigators he shot himself playing with a gun, her attorney said yesterday.



Shaha Mishaal Adham, 26, was released late Tuesday night.

Her attorney, Ronald Richards, said Adham was at the Beverly Hills home of her friend, Scott Ruffalo, on Dec. 1 to recover keys to a car she lent him. With her in the room, Ruffalo shot

himself, Richards said. "He plays with guns by pointing them at his head and saying words like Russian Roulette or pop, and he accidentally shot himself," Richards said.

Adham was shocked and fled the scene, on the advice of her boyfriend, Brian Scofield, 29, Richards said. Police later named Scofield a "person of interest" in the case, but was released soon after he and Adham turned themselves in to police Monday.

REUTERS

Entertainment in brief

LATE NIGHT TELEVISION Cult hip-hop band the Roots will serve as the house band on Late Night With Jimmy Fallon, which premieres March 2 on NBC. Fallon is taking over Late Night for Conan O'Brien, who is in turn taking over The Tonight Show from Jay Leno. The announcement appeared on the show's newly launched website. The Roots will get in a handful of live dates before

taping begins on the show. **MOVIES** Milk, a movie about slain U.S. gay politician Harvey Milk, was named the best picture of 2008 yesterday by the New York Film Critics Circle, throwing the top award category open in the race for the Oscars. The honours follow the Los Angeles Film Critics Association, which named animated feature WALL-E the best picture

REUTERS

NBC cashes in on Leno's leap

IntelleVision

Rick McGinnis

rick.mcginis@metronews.ca

WHAT HAPPENED? Two weeks ago, the likely defection of Jay Leno for ABC to compete with Conan O'Brien, his network-appointed successor, looked like little more than a slap fight between agents, a power play whose significance wasn't resonating far beyond the few square miles beyond Wilshire Boulevard and La Brea Avenue.

Today, however, it seems like NBC's decision to give Leno his own 10 p.m. show, Monday to Friday, leaping from late night to primetime, was something like doubling down and betting everything on black.

Increasing the number of unscripted hours on primetime and cutting back on the hour-long dramas that

You get the feeling that all this talk about numbers and integration is leaving wet chairs in boardrooms and offices from coast to coast and even overseas.

have traditionally filled the slot is playing out like a cross between canceling the Beverly Hillbillies and storming the Bastille.

"The model for network television is basically broken," said Rino Scanzoni, CIO for the media division of WPP, the Dublin-based communications firm, in a New York Times story. "They cannot continue to go down this path," he added ominously, adding that the new Leno show could be "positive for the advertising community."

Viewers, Scanzoni told the Times, are spending more time "snacking" on TV programs "instead of digesting them week in and week out," a trend his industry sees reflected in the wild, viral popularity of clips from comedy and variety shows on YouTube and Hulu.

Leno's new show would be even more likely to feature integrated product placement, and interstitials with local news talent that will make affiliates happy, speculated a host of ad and media types interviewed by the Times. You get the feeling that all this talk about numbers and integration is leaving wet chairs in boardrooms and offices from coast to coast and even overseas.

It's nice to know that someone's going to have a merry Christmas this year.

It's bad news for out-of-work actors and film crews in Los Angeles and New York, though, according to the L.A. Times. "Now the hits don't pay for all of the failures," Laura Caraccioli-Davis, executive VP of Starcom, a Chicago ad agency, told the L.A. Times, "and the advertising com-

munity won't pay for all failures either."

"The threshold for this show is lower than for a scripted program," said Marc Graboff, co-chairman of NBC Entertainment. "Broadcast television can never be the way that it has been for the last 50 years because of all the structural changes going on in our industry," he added. "But we are offering something to our advertisers that is more innovative."

It's strange, though, that the innovation on which NBC, at least, is setting so much of its future looks so very much like something Steve Allen would have hosted almost 50 years ago.

It's too much irony, even for me.

Rick McGinnis writes about music, movies, books and television, but not opera.

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| 12/11/08 | 2 | CFRN | 239 318 | etalk | Hollywood | ER "The High Holiday" | | CSI: Miami | | CSI: Crime Scene Invstgtn. | | News (N) |
| | 3 | KHQ | - 370 | News | Be-Millionaire | Jeopardy! (N) | Wheel-Fortune | Name Is Earl | Kath & Kim (N) | The Office (N) | 30 Rock | (11:01) ER |
| | 4 | CBXT | - 307 | NHL Hockey | | To Be Announced | | | | CBC News: The National | | The Hour |
| | 6 | KREM | - 372 | News (N) | Hollywood | The Doctors (N) | | Survivor: Gabon (HDTV) | | CSI: Crime Scene Invstgtn. | | Eleventh Hour |
| | 7 | CKEM | 241 347 | Law & Order: SVU | | Friends | Friends | Ugly Betty (HDTV) | | 30 Rock | 30 Rock | Your City |
| | 8 | CITV | 240 339 | ET Canada | Entertainment | NUMB3RS | | Survivor: Gabon (N) | | The Office (N) | Billable Hours | News Hour |
| | 12 | CBXFT | 119 705 | Virginia (SC) | Houde | Zone doc (N) (SC) | | C.A. (N) (SC) | C.A. (N) (SC) | Le Téléjournal (N) (SC) | | TJ Alberta |
| | 13 | KXLY | - 371 | 4 News at 6 | 4 News at 6:30 | Entertainment | The Insider (N) | Ugly Betty (HDTV) | | Grey's Anatomy | | Practice |
| | 16 | KAYU | - 373 | The Simpsons | The Simpsons | Two/Half Men | Two/Half Men | Secret Millionaire (N) | | Smarter Than a 5th Grader? | | News (N) |
| | 19 | CHTV | - | The Insider (N) | E! News | X-Weighted | | Secret Millionaire (N) | | Smarter Than a 5th Grader? | | News (N) |
| news | 22 | KSPS | - 374 | NewsHour With Jim Lehrer | | Mr. Christmas | | Sherlock Holmes Mysteries | | New Tricks "Dockers" | | Jolly Holiday |
| | 24 | WTVS | - 364 | Pounce for Alpha Wealth | | Secrets of the Vatican | | | | Dr. Wayne Dyer: The Power of Intention | | |
| | 15 | CBCN | 502 - | CBC News: The National | | The Nature of Things | | CBC News: The National | | CBC News: The National | | Nature-Things |
| | 21 | TWN | 505 398 | (5) EarthWatch One | | EarthWatch One | | EarthWatch Two | | | | |
| | 27 | CNN | 500 500 | Planet in Peril: Battle Lines | | | | Anderson Cooper 360 | | Larry King Live | | Cooper 360 |
| | 54 | CTVN | 501 391 | CTV Newsnet | | News | CTV Newsnet | News | CTV Newsnet | News | CTV Newsnet | News |
| | 70 | BNN | 504 508 | Squeeze Play | | Market Call | | Headline | Market Call | Commodities | Business News | Squeeze Play |
| | 20 | TSN | 400 400 | (6) NFL Football New Orleans Saints at Chicago Bears. | | | | SportsCentre | | Triathlon: Ironman | | Poker Night |
| | 23 | net | 408 418 | NHL Hockey Florida Panthers at Edmonton Oilers. (HDTV) (Live) | | | | Sportsnet Con. | | Sportsnet Connected | | Best-Sports |
| | 47 | SPEED | 417 406 | Pinks -- All Out (HDTV) | | Wrecked | | Pinks | | Pinks -- All Out | | Pinks -- All Out |
| sports | 94 | SCORE | 410 403 | Poker: Million | Score Tonight | | | NBA Basketball | Portland Trail Blazers at Utah Jazz. (Live) | | | Final Score |
| | 9 | EDACC | 267 351 | Arts & Minds | Arts & Minds | Eve's Christmas (2004, Comedy-Drama) | Elisa Donovan. | | | Eleventh Hour "Flesh" | | Arts & Minds |
| | 14 | YTV | 552 543 | Drake & Josh | iCarly | Home Improve. | Home Improve. | Sabrina-Witch | Sabrina-Witch | Futurama | Prank Patrol | Mystery Hnt. |
| | 17 | TREE | 553 546 | Little Bear | Maggie-Beast | Sec Star-Left | Rolie Polie Olie | Beren. Bears | Babar | Backyardigans | Dora-Explorer | Go, Diego, Go! |
| | 42 | TOON | 555 545 | Atomic Betty: No-L Nine | | Santa Claus | Bugs Bunny & Tweety Show | Wayside | Johnny Test | Futurama | | The Critic |
| | 45 | FAM | 557 541 | Zoey 101 | Life Derek | Wizards-Place | That's-Raven | Zack & Cody | Natural-Sadie | Han. Montana | Life Derek | Ned's School |
| | - | TVA | 121 714 | TVA 18 heures | Le Cercle (SC) | La Fievre de la danse (SC) | | Noël avec les Krank ** (2004, Comédie) | Tim Allen. | | | TVA 22 heures |
| | 18 | CMT | 575 583 | Reba | Reba | Hope & Faith | Hope & Faith | Gone Country | Gone Country | Home Improve. | Home Improve. | Reba |
| | 25 | A&E | 615 520 | The First 48 (HDTV) | | The First 48 (HDTV) | | Manhunters | Manhunters | The First 48 (HDTV) | | The First 48 |
| | 26 | MMM | 571 581 | Listed | | Gene Simmons | Gene Simmons | Party of Five | | Cher: The Farewell Tour | | Party of Five |
| family | 29 | FOOD | 603 561 | Unwrapped | Secret Life of | Jamie at Home Christmas Spe | | Restaurant Makeover | | Challenge Ice cream. | | Unwrapped |
| | 31 | SHOW | 617 522 | EastEnders | Spaced | Painkiller Jane | | ReGenesis (HDTV) | | Trailer Park | Trailer Park | NUMB3RS |
| | 32 | DISC | 520 505 | (6) Impact Earth | | MythBusters | | Daily Planet | | Monster Moves | | Impact Earth |
| | 33 | SLICE | 601 562 | 10 Pounds | Last 10 | The Biggest Loser | The winner is revealed. | | | ET Canada | Matchmaker | Biggest Loser |
| | 34 | W | 602 567 | Shopping Bags | Style by Jury | Will & Grace | Friends | Divine Design | House | Confidential | Save Us-House | Divine Design |
| | 35 | TLC | 521 560 | American Chopper | | LA Ink (HDTV) (N) | | American Chopper | | LA Ink (HDTV) | | Amer. Chopper |
| | 36 | BRAVO | 620 523 | These Girls ** (2005, Comedy) | | | Bravonews | Law & Order | | Without a Trace | | These Girls |
| | 38 | SPIKE | 628 584 | TNA IMPACT! (HDTV) (N) | | | | The Ultimate Fighter (HDTV) | | Disorderly Conduct: Video | | Rock Band 2 |
| | 40 | HIST | 522 506 | Finding the Fallen | | NCIS | | Crime Stories | | Lost Worlds | | Engineering |
| | 41 | COM | 626 547 | Laughs | Comedy Now | Air Farce | Just for Laughs | | Corner Gas | The Simpsons | South Park | VIP |
| cable variety | 43 | SPACE | 627 528 | Stargate SG-1 | | Chuck (HDTV) | | Stargate SG-1 | | Lost "Not in Portland" | | Deep Space 9 |
| | 44 | WPCH | 294 650 | Rat Race ** (2001, Comedy) | Rowan Atkinson. | | | Friends | Friends | Family Guy | Family Guy | Seinfeld |
| | 46 | OLN | 411 457 | Survivorman | | Pilot Guides "Vietnam" | | Pilot Guides | | Don't Forget Your Passport | | Crusoe |
| | 48 | TROP | 619 525 | Make or Break | Naked Fashion | Beverly Hills, 90210 | | Make or Break | What Happen? | Family Guy | Seinfeld | Seinfeld |
| | 50 | STAR | 621 527 | Look-A-Like | eTalk | The Tonight Show-Jay Leno | | TMZ | etalk | The Ellen DeGeneres Show (N) | | Hollywood |
| | 52 | HGTV | 600 564 | The Fix | Disaster DIY | Home to Flip | Real Renos (N) | Holmes on Homes | | The Fix | Disaster DIY | Home to Flip |
| | 65 | TLN | 700 800 | (6) Villa Ada | | Raymond | Raymond | George Lopez | George Lopez | The Sopranos (SS) | | Paid Program |
| | 92 | APTN | 269 350 | Suaangan | Wapos Bay | By the Rapids | renegadeexpress | The Fugitive *** (1993, Suspense) | Harrison Ford, Tommy Lee Jones. | | | |
| | 93 | VISION | 261 394 | A Christmas Carol (2000, Fantasy) | Ross Kemp. | Silent Night | | 7th Heaven "Xmas" | | A Christmas Carol (2000, Fantasy) | Ross Kemp. | |
| | 100 | MTV | 581 566 | The Hills | After Show | Whitney: From The Hills to The City (N) | | MTV Live | | Super Sweet | The Hills | Whitney: City |
| | 101 | MM | 570 580 | 50 Cent: Money and Power | | Gossip Girl (HDTV) | | Muchmusic Countdown | | Pimp My Ride | | MuchVibe |
| | 102 | CPAC | 512 396 | (6:30) Headline Politics | | | Revue | Question Period | | Prime.-Politics | Headline Politics | |
| | 103 | VIVA | 526 507 | The West Wing | | Passion | Homicide File | Psychic Inv. | Encounters | Judging Amy | | Commander |
| | 105 | TV5 | 145 761 | Envoyé spécial | | | Cité guide | Journal TV5 | La Boîte à musique "Pochette surprise" | | | Acoustic |
| | 106 | RDI | 126 730 | Le Téléjournal (SC) | | RDI en direct | Le National | Le Téléjournal (SC) | | Le Journal RDI | Le National | Le Téléjournal |
| | | | | | | | | | | | | |

critics'corner

Kath & Kim

Beware of the enormous amount of holiday cliches! In an effort to find some "couple friends," Kath and Phil (Molly Shannon, John Michael Higgins) decide to host a Christmas party with the mall security guard, Pete (David Koechner), and his wife as the guests of honor. Meanwhile, Kim and Craig (Selma Blair, Mikey Day) find their friendship with Derrick (Jay Phillips) tested at the Circuit Surplus holiday bash. 9:30 PM on KHQ



My Name Is Earl

The holidays are that special time of year when people give without really thinking. At least that is what Joy (Jaime Pressly) is counting on. Earl (Jason Lee) discovers that Joy has continued a holiday scam they started years before and has expanded the scam to include her friends. Now Earl makes it his mission to cross the conned man off his list. 9 PM on KHQ

Celebrity Buzz

Jessica predicts proposal near

RELATIONSHIPS Singer Jessica Simpson is reportedly "convinced" that her boyfriend Tony Romo is going to propose to her over the holidays.

An unidentified source tells Star magazine that Romo let the cat out of the bag by needling her about the diamond she received

from ex-husband Nick Lachey. Simpson's reps deny the story.



METRO WORLD NEWS

Aniston: Stop the love gossip!

RELATIONSHIPS Actress Jennifer Aniston is "sick" of the interest in her relationship with John Mayer, imdb.com reports.

"I think it's ridiculous, the interest in my life ... I feel like telling people, 'You know what? It's none of your f—ing business.'"

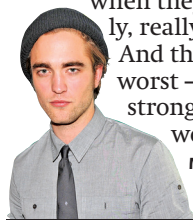


METRO NEWS SERVICES

Pattinson likes 'crazy' women

DATING Twilight star Robert Pattinson tells Closer magazine he always ends up regretting the women he's attracted to: "I always like a kind of madness in a woman, and

when they are really, really strong. And they're the worst — mental, strong women!"



METRO NEWS SERVICES

Piven's Gold inspires actors

PEOPLE Jeremy Piven's character in Entourage has inspired actors to fire their real-life agents, according to the star.

Piven plays Ari Gold, a straight-talking Hollywood representative, in the hit show, and the role has had a profound effect on actors who watch the series, imdb.com reports.

"The best are the other actors who tell me they've fired their agent because they want a rep who's more like Ari. All you can



METRO NEWS SERVICES

do is try to tell them not to base real-life decisions on fictional characters," Piven tells New York Post gossip column PageSix.

But Piven is baffled by fans who confuse him with Gold and often finds himself telling them his real name.

"A lot of fans scream 'Ari!' at me. It doesn't annoy me. I go right over, tell them my real name and that I'm just the actor who plays Ari," he says.

I did 'stupid, crazy things': Williams

PEOPLE Actress Michelle Williams did "stupid, crazy things" when she was growing up as an aspiring actress, but the experiences helped her prepare for the future, imdb.com reports.

Williams was so eager to pursue an acting career she distanced herself from her disapproving parents when she was 15 and left school.

She shot to fame in 1998 when she appeared in the hit teen show Dawson's Creek.

Now, at 28, Williams



METRO NEWS SERVICES

can see she took a huge risk by branching out by herself to try to carve a career in Hollywood.

"At the time, I was invincible. I thought I was on top of the world. I didn't realize what I was doing," she tells Parade.com.

"But I wouldn't trade any of those experiences for anything in the world. I am who I am because of them. I had a lot of growing up to do and it was slammed into a couple of short years. I did stupid, crazy things. But those stupid

crazy things prepared me to deal with future."

Mariah wants weddings yearly

MARRIAGE Singer Mariah Carey wants to have a wedding every year, femalefirst.co.uk reports.

Carey, who married Nick Cannon last April, is reportedly planning a lavish ceremony for their first anniversary, and one every year after that.

"We'll definitely get (friends and family) involved in another celebration, though. We've been talking about doing a bigger wedding on our first anniversary. And maybe another one every year," Carey says.

Only eight people attended Carey and Cannon's low-key ceremony in the Bahamas, and Carey, who was previously married to record executive Tommy Mottola,

says it was perfect.

"I wanted the opposite of what I did the first time," she tells Britain's Hello! Magazine. "Nick and I wanted it to be about us, no fuss, no worrying about everyone else's opinions ... For once it wasn't all about the hoopla."

METRO NEWS SERVICES



GETTY IMAGES PHOTOS

Eloping mistake, Cruise tells Spencer and Heidi

ADVICE Actor Tom Cruise has told reality TV star Spencer Pratt he made a mistake by eloping with Heidi Montag, imdb.com reports.

The Hills co-stars jetted off to Mexico last month to tie the knot in secret, despite Montag's previously expressing her desire for a big family ceremony.

Cruise is convinced Pratt has

made a mistake that will come back to haunt him. When asked to offer advice to the newlyweds, Cruise told MTV, "If the girl wants the wedding, you gotta do the wedding. It's a special occasion, and she'll remember it forever. Spencer, dude ... you'll realize this later."

METRO NEWS SERVICES



Tomei studied strippers for role

CAREER Oscar winner Marisa Tomei studied rocker Bret Michaels' raunchy reality show Rock Of Love as part of her stripper research for new movie The Wrestler, imdb.com reports.

"I would practise in a dance room with a bar and a mirror, like a ballet studio. I watched Rock of Love, that reality show with Bret Michaels, where he's trying to get a wife and they're all strippers. That was my closest association to the actual world of it."

METRO NEWS SERVICES



Swift has strict dating rules

RELATIONSHIPS Newly-single teen singer Taylor Swift has written a set of strict dating rules to ensure she attracts a better boyfriend than her ex Joe Jonas, femalefirst.co.uk reports.

"I have this rule: I don't call a guy first. And you can't ever send two text messages in a row," Swift tells TheBoot.com. "If you're like, 'I need to talk to you' all the time, (or) 'Why didn't you call me back?' ... If you're that girl, then nobody's going to want to date you."

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Friday
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 -21°C / -24°C



Michele McDougall, Weather Specialist & Host – Breakfast Television
 “My favorite part is reporting the weather. It fascinates me, and as we know around here, it’s always changing, keeping forecasters on their toes.” **WEEKDAYS AT 6 A.M.**



Take Five

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Crossword across

- 1 Maintained
 5 Flavor enhancer
 9 Expert
 12 Reed instrument
 13 Follow instructions
 14 Lubricant
 15 China
 17 Vitamin stat
 18 Reddish blue
 19 Skiers’ mecca
 21 Perform
 22 Bean or pony
 24 Info
 27 Bawl
 28 Kennel cries
 31 Lennon’s lady
 32 Raw rock
- 33 Bribe
 34 Bacterium
 36 Performance
 37 Catherine — Jones’
 38 “Honeymooners” role
 40 Poet Housman’s initials
 41 Brother of Groucho
 43 Collar
 47 Disencumber
 48 Photographer’s resume
 51 Work unit
 52 Reverberate
 53 Recedes
 54 Teensy
 55 Call a halt to
 56 Back talk

Crossword down

- 1 Pueblo dweller
 2 Black, in verse
 3 Parliament VIP
 4 Make up your mind
 5 Unaccompanied
 6 “The — Daba Honeymoon”
 7 Mainlander’s memento
 8 Theater critic Kenneth
 9 Dolphin
 10 Carnival attraction
 11 “The Good Earth” heroine
 16 Id counterpart
 20 Pigs’ digs
 22 Veranda
 23 “Yeah, right”
 24 Follow relentlessly
- 25 Inseparable
 26 Bears’ food?
 27 Daytime drama
 29 Cauldron
 30 Hot tub
 35 Singer Davis
 37 All but one in a million?
 39 Runs easily
 40 “Bow-wow!”
 41 Captain’s group
 42 Take on
 43 On
 44 Exile isle
 45 Parent sharers
 46 Pitch
 49 Halloween abbr.
 50 Pi follower

PREVIOUS DAY’S CROSSWORD AND SUDOKU ANSWERS:

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| S | T | R | O | L | L | C | H | I | L | L |
| | | S | I | T | | H | E | R | O | |
| M | A | P | | P | H | D | | W | I | V |
| O | P | U | S | | Y | E | W | | N | E |
| B | E | L | C | H | | W | E | N | | R |
| | | L | O | A | D | | L | O | U | |
| B | E | M | U | S | E | | L | A | P | T |
| A | L | A | R | | P | U | S | H | P | I |
| S | U | N | G | | O | N | E | | E | M |
| E | L | S | E | | T | O | T | | R | E |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 7 | 4 | 6 | 2 | 1 | 5 | 8 | 9 |
| 2 | 8 | 6 | 9 | 7 | 5 | 4 | 3 | 1 |
| 1 | 9 | 5 | 4 | 3 | 8 | 2 | 6 | 7 |
| 5 | 4 | 2 | 1 | 8 | 3 | 9 | 7 | 6 |
| 7 | 6 | 8 | 2 | 4 | 9 | 1 | 5 | 3 |
| 9 | 1 | 3 | 5 | 6 | 7 | 8 | 2 | 4 |
| 4 | 3 | 9 | 7 | 5 | 2 | 6 | 1 | 8 |
| 8 | 2 | 1 | 3 | 9 | 6 | 7 | 4 | 5 |
| 6 | 5 | 7 | 8 | 1 | 4 | 3 | 9 | 2 |

SUDOKU SOLVE TIME:

Under 13 minGenius
 13-17 min.....Scholar

17-21 minSmart
 21-25 minNot bad
 25+ min.....Keep practising

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 4 | 1 | | | 5 | | |
| 6 | 7 | | | 2 | 9 | | | |
| 5 | | | 6 | | | | 2 | |
| 7 | | | | 5 | | | | 9 |
| | | 9 | | | | 4 | | |
| 8 | | | | 3 | | | | 1 |
| | 1 | | | | 8 | | | 5 |
| | | | 4 | 1 | | | 3 | 2 |
| | | 6 | | | 2 | 7 | | |

Metro Recipe of the Day



New Potato Salad

INGREDIENTS:

2 lbs (900 g) tiny new potatoes, washed
 2 tbsp (25 mL) dry white vermouth or dry white wine
 1 tsp (5 mL) white wine vinegar, or to taste
 Pepper to taste
 1 garlic clove, finely chopped
 4 tbsp (60 mL) low-fat mayonnaise
 6 tbsp (90 mL) plain low-fat yogurt
 1/2 large firm cucumber, diced
 1/3 cup (75 mL) scallions, thinly sliced
 4 tbsp (60 mL) chopped fresh dill
 2 tbsp (25 mL) chopped fresh tarragon
 Fresh dill and tarragon leaves to garnish

METHOD:

1. Cook potatoes in a saucepan of boiling water just until tender, about 10 minutes. Drain and return them to the pan. Set over a low heat and shake them around for a few minutes to evaporate any mois-

ture. Transfer the potatoes to a mixing bowl and leave to cool for about 5 minutes.
 2. Sprinkle vermouth or wine and wine vinegar over potatoes. Season with pepper. Turn potatoes to mix, then leave to cool completely.
 3. Meanwhile, mix garlic, mayonnaise and yogurt in a small bowl until smooth.
 4. When potatoes are cool, add cucumber, green onions, dill and tarragon. Spoon on mayonnaise and yogurt mixture, and stir gently to mix. Serve at room temperature or chilled, garnished with dill and tarragon leaves.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month’s Reader’s Digest, on newsstands now!



Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20

A difficult learner forces an investigation. Indecision presents a formidable dilemma. An opponent brings things to conclusion.



TAURUS

APRIL 21-MAY 21

Timing is crucial to finalize a deal. A man presents an absurd challenge. Alertness is required when visiting old folks.



GEMINI

MAY 22-JUNE 21

A loved one’s insignificant indulgence is allowed. Optimism can lead to clearer thinking. An older man’s helpfulness may be denied later.



CANCER

JUNE 22-JULY 22

A close friend’s trust is an eye-opener. Take responsibility for someone’s heart. Your patience will be rewarded.



LEO

JULY 23-AUG 23

Avoid any risk-taking while travelling. You’re too eager for the weekend. Use your head and all will be well.



VIRGO

AUG 24-SEPT 22

Be there for someone who expects you to make the first move. A friend pulls you out of a bad situation. A computer failure will seem suspicious.



LIBRA

SEPT 23-OCT 23

A milestone is reached in a love affair. Thoughtlessness results in a shake-up. Crowds can get nasty when someone backs out of a promise.



SCORPIO

OCT 24-NOV 22

Resist delectable food to keep your weight down. Keep no secrets from your friends. A lost pet causes heartache.



SAGITTARIUS

NOV 23-DEC 21

A heartrending story will shock and dismay you. A friend will sustain a storm of criticism. Situations will engineer their own corrections.



CAPRICORN

DEC 22-JAN 20

A haughty man creates a disturbance. You might not get a job finished. A lack of co-operation can be rectified after lunch.



AQUARIUS

JAN 21-FEB 18

Something new will give you pleasure. Roll up your sleeves and get to work. You’re willing to fight for dignified treatment.



PISCES

FEB 19-MARCH 20

Be sceptical if offered investment advice. Someone is arranging a private deal. Work as hard and as quickly as possible.



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